

As Christian's, We Can Work Step One ...

The 12 steps have been the foundation for millions around the world as they make progress in their personal recovery. At the root of the 12 steps is Step One, on which the rest hinge. The step simply reads:

“We admitted we are powerless over alcohol (and other drugs) and that our lives had become unmanageable.” Dr. Gary Sweeten of Sweeten Life Systems rewrites it this way for Christians ***“I now see that I, of myself, am powerless, unable to control (manage) my life by myself.”***

The following verses are highly recommend that an individual reads and prepare to do a First STEP...

- Romans chapters 7 and 8
- Romans 7: 18 & 19
- Psalm 32: 3-7
- Romans 3: 9 & 10, 23
- II Corinthians 12:9
- Isaiah 5:11
- I Corinthians 6: 9-12
- Proverbs 23:21
- Proverbs 23: 29-35

AS CHRISTIAN'S WE CAN WORK STEP ONE:

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@ www.revdonallenjr.com

The foundation to success with working any of the 12 steps, and especially the First Step is getting **“honest”** with yourself about the damage that alcohol, drugs, and other addictions such as gambling and pornography have caused in your personal life and those around you.

The first challenge ...

The Drug/Behavior: List the all drugs or behavior that you participate in.	How often do you use or participate in the behavior? (Daily, Weekly, Monthly)	When you do use or participate in the behavior; how much time do you spend doing it?	How much money do you spend using or participating in the behavior?	Once you start using or participating in the behavior, can you just stop or do you continue despite consequences.
Alcohol				
Marijuana				
Cocaine/ Crack				
Opiate/ Heroin				
Stimulants				
Halluageni c				
Inhalants				
Depressant s				
Gambling				

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As we get honest the first step sets the stage for the ability to being the process of making healthy choices towards recovery and change.

Five simple questions;
For many, they are the hardest questions in
the world to get honest about.

1) Have alcohol, drugs or other addictive behavior caused you problems with your personal relationship with God?

- Have you done things while under the influence of alcohol and drugs that violated the beliefs you grew up with about God?
- Do you feel distant from God or feel you're out of touch with HIM?
- Do you feel that God is not hearing your prayers?

2) Has alcohol, drugs or other addictive behavior caused you problems with your relationships?

- Has a friend or family member ever told you that you drink too much?
- Has a friend or family member ever told you that your drinking makes you act different?
- Has a friend or family member ever described something you did while under the influence of alcohol or drugs that you don't remember? (This is referred to as a Blackout)

- Have you lied to family or friends about the amount of alcohol or drugs you were using or the amount of money you were spending?
 - Have you ever taken money from family or friends in order to contribute to your alcohol, drugs, or addictive behavior?
- 3) Have alcohol, drugs or other addictive behaviors caused you problems with your finances?
- How much have you spent on alcohol, drugs or unhealthy behavior like gambling or pornography over the past year?
 - Figure up your weekly use of all your addictions above and multiply it times 52 ...
 - Have you ever not been able to pay bills such as rent, phone, car payment, or have you failed to be able to buy groceries or other necessities due to having spent the money on drugs or unhealthy behaviors.
 - Have you been required to pay legal fees due to your use of alcohol or drugs, such as reinstatement fees, tickets, legal fees for a divorce, medical fees for yourself or someone you harmed, eviction from your home?

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- Have you ever gone out to drink, use drugs, or participated in your addictive behavior and spent more money than you indented over a longer period of time?
 - Have you ever taken out a loan, maxed out your credit cards, or sold something in order to buy alcohol, drugs, or participate in you addictive behavior?
- 4) Has alcohol, drugs or other addictive behaviors caused you problems with the legal system or other disciplinary actions?
- Have you been arrested or could you have been charged for events involving your use of alcohol, drugs, or other behaviors?
 - Driving under the influence
 - underage consumption
 - possession charges (this should include any weed tickets)
 - buying illegal drugs
 - disorderly conduct
 - open flask
 - solicitation,
- 5) Has alcohol, drugs other addictive behavior caused you problems with your health (either physical or emotional health)?

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- Has the doctor or other health care professional ever told you that you have a health condition that will get worse if you continue to drink or use drugs?
- Do you have a mental health or emotional condition that gets worse when you use alcohol, drugs, or participate in unhealthy behavior (such as depression, anxiety, or paranoid)
- Has your family or friends every pointed out things that such as changes in your mood why you was using?

If you answered yes to any one of these questions, you should take a serious look at your alcohol and/or drug use, or unhealthy behaviors. Seek some good help from Alcoholic Anonymous or other sober support network. You can also choose to seek help from a mature non-using pastor or friend.